



A STUDY ON SELF-CONCEPT

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ABSTRACT

The self-concept is a general term used to refer to how someone thinks about, evaluates or perceives themselves. In psychology, the term self has two meanings that is attitude and feelings of a person's towards himself, and something the entire psychological process that controls behavior and self-adjustment. The self concept has three major components such as perceptual, conceptual and attitudinal. The self-concept of a personal is not an inborn but are formed through the training process from someone growth period from childhood to adulthood which generated from the tactic of individual interactions with the environment continuously. In this paper an attempt has been made to study the self concept and the methodology of this paper is descriptive and required informations are collected from different secondary sources like books and research articles etc.

KEYWORDS: Self concept, development and types.

INTRODUCTION:

Self-concept refers to a person's attitude and feelings about himself and a gaggle of psychological processes that governs behavior and adjustment. It is a crucial attribute of understanding and predicting human behavior. Self-concept could even be a crucial part within the event of personality. Self-concept is that the cognitive or thinking aspect of self (related to one's self-image) and typically refers to the totality of an aesthetic, organized, and dynamic system of learned beliefs, attitudes and opinions that every person holds to be true about his or her personal existence. Consistent with Franken, R. (1994), there is an impressive deal of research, which shows that self-concept is, perhaps, the thought for all motivated behaviour. It is the self-concept that provides rise to possible selves that make the motivation for behaviour. Self-concept is one among the foremost issues faced by the youngsters and youth of the new generation (Huitt, W. 2011). In psychology, the term self has two meanings that is attitude and feelings of a person's towards himself, and something the entire psychological process that controls behavior and self-adjustment.

Concept of self concept:

The concept of self has three major components-the perceptual, the conceptual and thus the attitudinal. The perceptual component is that the image the person has of the looks of his body and thus the impression he makes on others. The perceptual component is usually called the 'physical concept'. The conceptual component is that the person's conception of his distinctive characteristics, abilities, background and origin and future. It is often called the 'psychological self-concept' and consists of such life adjustment qualities, such as, honesty, self-confidence, independence, courage and their opposites. The attitudinal component are the emotions a personal has about himself, his attitude, his present status and future prospectus, his feelings about his worthiness and his attitudes of self-esteem, self-reproach, pride and shame.

OBJECTIVE OF THE STUDY

Te present study has been designed keeping the following objectives in view.

- I. To study the development of self concept.
- II. To study the types of self concept.

METHODOLOGY:

The methodology of this paper is descriptive and required informations are collected from different secondary sources like book and research articles etc.

Development of Self-Concept:

The self-concept of a personal is not an inborn but are formed through the training process from someone growth period from childhood to adulthood which generated from the tactic of individual interactions with the environment continuously. A child surrounding, experiences and thus the sort of parental upbringing also contribute a huge influence towards the event of self-concept. A child evaluate who they're through the response of their parents in every action that taken. If a child sleep during a confused and negative parental upbringing, as a result this child tend to develop negative self-concept. Negative parental upbringing are often shown through beating without mercy, neglecting, paying less attention, unfairness, humiliating and unsatisfactory towards their child's attitude. When this happens, they're going to assume these as a punishment caused by their fault. On the contrary, a positive parental upbringing will develop a positive self-

concept. Self-concept is some things very dynamic which may change from time to time. Some aspects of self-concept remain for an extended period but others can turn the other way in few seconds.

There are many factors that influence the tactic of the event of self-concept. The design of parental upbringing could even be an enormous factor. Positive parental upbringing and attitude read by their children can develop a positive thinking and self-appreciation to themselves. The second factor is continuous failure during a child life. During this case, failure is often defined as unsuccessfully to please their parent or themselves. Endless failure during a child life making him feels that they're useless. Gradually, negative self-concept is developed during this child. On the opposite hand, a positive self-concept is developed if a child sees failure could even be an opportunity for him to strengthen himself in every aspect of decision-making. Subsequent factor is depression. Individuals that suffer from depression tend to think and response negatively towards everything including evaluating themselves. They are wondering whether or not they are going to survive throughout their life. They are getting to be super sensitive to what people say about them or act towards them. The within self-critic is another factor that influences the tactic of the event of self-concept. It is needed to evaluate every action and decision that a private takes in his life. Internal self-critic functioned as a regulator in every action taken and thus the way a private behaves so as that he can be accepted by the society and can adapt well within the society. Self-concept isn't manifested and developed itself but supported by their individual interaction with other members of the society and their surrounding environment.

Types of Self-Concept:

According to Calhoun, the self concept is split into two, namely a positive self concept and negative self-concept. Positive self-concept shows their self-acceptance where a personal with positive self-concept knows himself alright. Individuals who have a positive self-concept can understand and be ready to accept what he's and accept the particular indisputable fact that kind of diversity of evaluation of himself to be positive. The negative self-concepts divide into two types namely individual views of himself totally disorganized don't have feelings, stability and entirety. This sort of individuals really doesn't realize himself, his strengths and weaknesses or appreciated in his life. Secondly, individual have organized and too stable views of himself and have a self-image that doesn't allow any deviation from the set of laws which is in mind in his life.

According to William D brooks and Philip Emmert (1976), people have positive and negative self concept. People with positive self-concept have subsequent characteristics a. Have ability to affect the matter b. Feeling a par with others c. Receiving a compliment without shame d. Recognizing that each person has desires, feelings and behaviors that aren't necessarily fully approved by society e. Feeling ready to repair themselves. The power to hold out the tactic of self-reflection to strengthen behavior deemed less. Meanwhile, people with negative self-concept have subsequent characteristics: a. Sensitive to criticism. The shortage of ability to simply accept criticism from others because the tactic of self-reflection. b. Be responsive to praise. Being overreaction to the action taken. c. Tends to feel liked by others. Subjective feeling that everybody else around him inspect himself within the negative. d. Has the attitude of hypercritic and likes to criticize extreme negative towards others. e. Experiencing barriers in interaction with the social environment. Feel less ready to interact with people.

Meanwhile Fitts, W. H. (1971) states that there are five aspects of the overall category within the self-concept those are physical self concept, personal self-concept, social self-concept, moral self concept, and family self-concept. Physical self-concept is that the individual's perception of themselves in areas of ability and appearance. Ability includes concepts like physical strength and endurance, while appearance refers to attractiveness. Individuals known to possess a positive physical self-concept when he looks positively on his appearance, health, skin, attractiveness also because the right body size. Individuals considered having a negative self-concept when watching those things negatively. Personal self-concept means the views, thoughts and feelings of a person's about himself. Person having a positive self concept when watching himself as a cheerful, optimistic and skill to manage themselves, and a selection of abilities. However, person considered to possess a negative self-concept when watching themselves as unhappy, pessimistic and unable to manage themselves and have an honest quite deficiency.

Social self-concept means the views, thoughts, judgments, feelings of a private to the prevailing social propensities on himself. It is a multifaceted analysis of the self concept supported the social nature of the self. The strain is on self-esteem in conjunction with self-centrality, self-complexity, social interest, identification, power, marginality, openness, and majority identification. Someone classified as having a positive social self-concept who is curious about others, understand others, find it easy in conjunction with people, to feel cared for, keeping the emotions of others, and is active within the social activities. Instead, someone is claimed to possess a negative social self-concept who is indifferent to others, it's difficult in conjunction with people, don't concentrate to others, and not active in social activities.

Moral self-concept means the views, thoughts, feelings, and judgments about the morality of a private on themselves. This is often relates to the values and principles that give meaning and direction of one's life. Someone classified as having a positive self concept of ethical ethics if sees himself as a personal who stick with the values of ethical ethics. Instead classified as having negative self-concept of ethical ethics when someone sees himself because the one who deviates from the quality of ethical value that require to be followed.

The family self-concept means the views, thoughts, judgments, and adolescent mind on his circle of relatives. The family self-concept associated with the presence of a personal within the family. Someone classified as having a positive family self-concept when watching himself loved and beloved the family, pleased with family, proud family got many help and encouragement of family. Conversely, if classified as having a negative family self concept if a personal sees himself as someone who isn't comfortable within things of the family, hates his circle of relatives and never get impulse of his circle of relatives.

CONCLUSION:

Self-concept like all psychological construct is relative and depends on some frame of reference. The teachers, parents, and indeed all stakeholders must know about the nature of self concept of their children and it is necessary for them to be familiar with causal factors of problems of children so that proper individual, educational and vocational guidance may be provided for adequate development of positive self concept. The progress of a country depends on the maximum exploitation of its human resources. The country's success in various field of life depends on the proper guidance of these children. The sound positive self concept of these children is one of the first requisite conditions for development. The study of self concept is very important in order to preserve, cure and prevent incidences of maladjustment.

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